35. Lebanese Adas Bi Hamod 🥦

(Amal's Lemon-Laced Lentil Soup with Swiss Chard)

A treasured customer once gifted me a cookbook, sensing my passion for dishes that tell a story from another land. This recipe quickly became a favorite—Adas Bi Hamod, a humble yet soul-nourishing soup from Lebanon. Earthy lentils, lemony brightness, and the green power of Swiss chard come together in a harmony that's both comforting and energizing. It's a classic example of how Mediterranean kitchens turn simple ingredients into something extraordinary.

🥣 INGREDIENTS

- 1 cup brown lentils
- 8 cups cold water (approx. 2 liters)
- 300g Swiss chard (1 large bunch), roughly chopped
- 2 medium potatoes, peeled and diced
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 cup fresh coriander (cilantro), chopped
- 1 lemon, juiced
- ¼ tsp Lebanese 7-spice
- ½ tsp sumac
- 2 tsp salt (or to taste)

📝 DIRECTIONS

1. In a large pot, add lentils to cold water. Bring to a boil, then simmer on medium heat for about 15 minutes or until mostly tender.
2. Add chopped swiss chard and diced potatoes to the pot.
3. Stir in 7-spice, sumac, and salt. Simmer for another 15 minutes, or until potatoes are soft.
4. In a separate pan, sauté onion in olive oil until golden. Add garlic and chopped coriander, cooking for another few minutes.
5. Add the sautéed mixture to the soup pot and stir well.
6. Finally, add lemon juice just before turning off the heat. Taste and adjust seasoning or water level as needed.
7. Serve warm—tangy, hearty, and deeply satisfying.